

CALIFORNIA STATE UNIVERSITY, NORTHRIDGE  
Department of Kinesiology  
Spring 2008

Instructor:

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Office Hours: MW 10:00-11:00/& by appointment.

Course number and Title:

Kin125A –Fitness for Life (1 unit).

Course Description:

An introductory course offering a wide variety of fitness activities (i.e., general aerobics, jogging, weight training, stretching) designed to increase the individual's understanding of conditioning activity courses. (Class available for General Education Section E, Applied Arts & Science).

Course Objectives: by the end of the course the student will be able to:

1. understand the five components of fitness.
2. understand the basic training principles for strength, flexibility, endurance, and body composition improvement.
3. develop an individual approach to fitness for life through a variety of conditioning modes.
4. improve the student's level of fitness through a program of in-class and out of-class activities.

requiredText:

Allsen, Philip E., Joyce M. Harrison, and Barbara Vance. Fitness for Life, 6<sup>th</sup> edition. W.C.B McGraw-Hill,1997.

Assignment:

All assignments will be given via CSUN e-mails addresses. It is the student's responsibility for checking e-mails regularly and insuring that their e-mail account is working properly

Evaluation: Grading Scale					
Attendance & participation	30%	A	92-100	C	72-77
nutrition assignment	20%	A-	90-91	C-	70-71
Training Log	10%	B+	86-89	D+	68-69
Fitness Labs	15%	B	82-85	D	62-67
Final Exam	25%	B-	80-81	D-	60-61
Total	100%	C+	78-79	F	<60

#### Course Attendance Policy:

Gaining the benefits and doing well are dependent upon actively participating on a regular basis. It is recognized that circumstances may require an absence, and thus three (3) absences shall be permitted with no effect on the final grade. However, subsequent absences will affect the final grade as follows:

4 absences -lowers the earned grade one full letter

(i.e., and A becomes a B, a B- will be a C-).

5 absences -lowers the earned grade two full letters

6 absences -lowers the earned grade three full letters

**7 absences (or missing 25% of the class meetings) = students will receive a failing grade.**

#### Credit /no Credit:

To receive credit in the course, students must complete the course with a minimum of 70% grade equivalent

All absences will be counted, regardless of the circumstances or reasons. Medical complications may justify a request for late withdrawals or incomplete with verification from a physician.

Tardiness: three (3) tardies will count as an absence.

Illness and Injuries: Injuries or illness which restrict participation, but which do not prevent the student from attending classes, will be recorded as a nondress (ND):

3 days ND = 1 absence

5 days ND = 2 absences

Statement on Cheating and plagiarism: Any student caught cheating on an exam or written assignment will automatically fail the course, and may be subject to more severe University discipline. Please refer to the California Code of Regulations, Section 41301, Title 5 as found in the university catalog.

#### Additional Information:

All injuries must be reported to the instructor when they occur. If an injury is cumulative in nature, report it to the instructor as soon as you realize it is affecting your activity.

Medical insurance is recommended. If you are not insured, medical insurance is available through Associated Students.